

Building Resiliency in Our Kids

☺ "Love and Logic" to the Rescue ☺

Dear Eastside Families,

We know our kids are inevitably going to experience some struggles in life... and in the long run... that is a *good* thing. We also know there won't always be someone there to solve all their problems or verbally coddle them.

The abilities to 1) manage unfavorable events and to 2) continue with challenging tasks are top predictors of success in many areas—including academics and relationships. We must not take away/"rob" our kids of the gift of struggle - a crucial ingredient in the resiliency formula.

One of the easiest ways to help our kids beef up their resiliency skills is to simply ask them how they are going to handle a particular problem. When we resist our urge to quickly solve the problem for them—or tell them what to do—we can instead make a soft, simple, empathetic comment and ask, "Hmm, what do you think you're going to do?" or "How do you think you can solve that problem?" Sometimes our kids will say, "I don't know," especially when they are new to the process of discovering their own solutions. When this happens, you can brainstorm some ideas with your child... and see which idea they prefer/fits best for them. When our children are actively engaged in this problem-solving process, they are strengthening their resiliency skills as well.

Just the act of thinking about solutions begins the powerful process of owning and solving problems. We want kids to believe solutions don't have to come from an outside source, but can come from inside. Whether they come up with great solutions or not, just the act of wrestling with the problem will begin to strengthen their "resiliency muscles."

Try a simple experiment- any time you see your child encountering a minor, problem or "kid-size" struggle. Give your child the gift of trying to solve some things on his/her own. Over time, see if you notice a difference in their willingness to solve problems and attack challenges.

Thanks for Reading ☺

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For more practical parenting ideas, check out www.loveandlogic.com

